



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09289, Prunes, dehydrated (low-moisture), uncooked

Report Date: July 01, 2017 00:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 132g
Proximates					
Water	g	4.00	--	--	5.28
Energy	kcal	339	--	--	447
Energy	kJ	1418	--	--	1872
Protein	g	3.70	--	--	4.88
Total lipid (fat)	g	0.73	--	--	0.96
Ash	g	2.50	--	--	3.30
Carbohydrate, by difference	g	89.07	--	--	117.57
Minerals					
Calcium, Ca	mg	72	--	--	95
Iron, Fe	mg	3.52	--	--	4.65
Magnesium, Mg	mg	64	--	--	84
Phosphorus, P	mg	112	--	--	148
Potassium, K	mg	1058	--	--	1397
Sodium, Na	mg	5	--	--	7
Zinc, Zn	mg	0.75	--	--	0.99
Copper, Cu	mg	0.611	--	--	0.807
Manganese, Mn	mg	0.312	--	--	0.412
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	2	--	0.0
Thiamin	mg	0.118	2	--	0.156
Riboflavin	mg	0.165	2	--	0.218
Niacin	mg	2.995	2	--	3.953

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 132g
Pantothenic acid	mg	0.418	2	--	0.552
Vitamin B-6	mg	0.745	2	--	0.983
Folate, total	μg	2	2	--	3
Folic acid	μg	0	--	--	0
Folate, food	μg	2	2	--	3
Folate, DFE	μg	2	--	--	3
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	88	2	--	116
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	1762	2	--	2326
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.059	--	--	0.078
16:0	g	0.048	--	--	0.063
18:0	g	0.010	--	--	0.013
Fatty acids, total monounsaturated	g	0.483	--	--	0.638
16:1 undifferentiated	g	0.006	--	--	0.008
18:1 undifferentiated	g	0.477	--	--	0.630
Fatty acids, total polyunsaturated	g	0.159	--	--	0.210
18:2 undifferentiated	g	0.159	--	--	0.210
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					